

# The Day Your Fear Finally Felt Small

By System Import | Sermon | March 14, 2026

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## The Day Your Fear Finally Felt Small

We spend so much of our lives shrinking. We shrink back from opportunities, we shrink back from relationships, and we shrink back from our destiny—all because of one looming, towering giant called Fear. Fear has a way of distorting reality. It acts like a magnifying glass, taking a manageable problem and blowing it up until it blocks out the sun. It whispers that you are too weak, that the obstacle is too high, and that failure is inevitable. You wake up with it, you go to sleep with it, and eventually, you start to believe that this giant is the permanent ruler of your life. You think, "This fear is too big to move."

But there is a moment—a tipping point in the spiritual life—where the perspective suddenly shifts. It is the day you realize that the giant isn't actually that tall; you were just on your knees. It is the day when the roar of the enemy starts to sound like a squeak because you finally heard the roar of the Lion of Judah. The Bible is full of stories of people who were terrified until they saw God correctly. And once they saw Him—really saw Him—their fear didn't just disappear; it became irrelevant. It became small.

If you are tired of living in the shadow of anxiety, if you are exhausted from trembling before your circumstances, this message is your invitation to a new vantage point. We are going to climb the mountain of Scripture today. We are going to look at seven biblical truths that act as a telescope—bringing the greatness of God so close that the size of your problem becomes laughable. We are going to discover that peace is not the absence of danger; it is the presence of a God who makes danger look like a distraction. And before we dive in, if this message is already stirring something in you, hit the subscribe button and stay connected to God's Word daily, because today is the day the giant falls.

### Number 1: The Grasshopper Complex — Who Told You That? (Numbers 13)

The most famous case study of fear in the Bible is found in Numbers 13. Twelve spies went into the Promised Land. They all saw the same grapes, the same cities, and the same giants. But ten of them came back terrified. They gave a report that has infected millions of believers since: "We saw the Nephilim there... We seemed like grasshoppers in our own eyes, and we looked the same to them." (Numbers 13:33).

Notice the phrasing: "in our own eyes." The giants didn't tell them they were grasshoppers. God didn't tell them they were grasshoppers. \*They\* decided they were grasshoppers. Fear is almost always an identity crisis. It is a distorted self-perception that leads to a distorted world perception. Because they felt small, the enemy looked big.

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But Caleb and Joshua saw the exact same giants and said, "We should go up and take possession of the land, for we can certainly do it." Why? Were they blind? No. They just had a different comparison point. The ten spies compared the giants to themselves (and felt small). Caleb and Joshua compared the giants to God (and the giants felt small).

The day your fear feels small is the day you stop measuring the problem against your own strength and start measuring it against God's omnipotence. To a grasshopper, a giant is terrifying. But to God? A giant is just a grasshopper. When you realize you are in covenant with the Creator of the Universe, you stop identifying as an insect and start identifying as a conqueror. You realize the "giant" is just a tall man who is about to fall hard.

## Number 2: The Elisha Shift — Opening Your Eyes to Reality (2 Kings 6)

Fear thrives on partial information. It shows you the enemy's army, but it hides God's army. In 2 Kings 6, the King of Aram sends a massive force to capture the prophet Elisha. Elisha's servant wakes up, goes outside, and sees the city surrounded by horses and chariots. He runs back in, panicked, screaming, "Oh no, my lord! What shall we do?"

The servant was looking at the physical reality. And physically, they were doomed. But Elisha was calm. He said, "Don't be afraid. Those who are with us are more than those who are with them." Then he prayed a simple, life-altering prayer: "Open his eyes, LORD, so that he may see." The Lord opened the servant's eyes, and he looked and saw the hills full of horses and chariots of fire all around Elisha.

The enemy army didn't leave. The physical threat was still there. But suddenly, to the servant, that enemy army looked pathetic. Why? Because it was surrounded by a much bigger, fiery, angelic army. The fear evaporated not because the problem changed, but because the *\*context\** changed.

Your fear will feel small when you ask God to open your spiritual eyes. You are worried about the "chariots" of debt, sickness, or conflict surrounding you. But you are missing the ring of fire that surrounds the chariots. You are outnumbered, yes—but in your favor. When you see the Angel of the Lord encamped around you (Psalm 34:7), the things that used to terrify you suddenly seem manageable. You realize you are not the victim; you are the bait in a divine trap.

## Number 3: The Magnification Principle — What Are You Worshipping?

David gives us the secret to shrinking fear in Psalm 34:3: "O magnify the LORD with me, and let us exalt his name together." We often treat "magnify" as just a poetic word for praise. But think about the physics of magnification. When you use a magnifying glass or a telescope, you make something look bigger than it appears to the naked eye.

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Here is the spiritual law: You magnify whatever you focus on. If you focus on your sickness, you magnify it. You research it, you talk about it, you worry about it, and soon, it is the only thing you can see. It becomes a god in your life. Fear is essentially the worship of the wrong thing. It is attributing power, awe, and attention to the devil's work instead of God's work.

But David says, "Magnify the Lord." When you focus on God—His history of faithfulness, His names, His power, His creation—He gets bigger in your perception. And as He gets bigger, by necessity, your problem *must* get smaller. They cannot both be big. The universe of your mind isn't large enough for two sovereigns.

The day your fear feels small is the day you decide to starve it of your attention. Stop googling the symptoms. Stop replaying the argument. Turn your eyes upon Jesus. Look at His face. As the old hymn says, "The things of earth will grow strangely dim in the light of His glory and grace." You shrink the giant by feeding the Lion.

## Number 4: The Sleep of the Savior — Peace as a Weapon (Mark 4)

There is a storm on the Sea of Galilee. It is violent. The boat is filling with water. The disciples, seasoned fishermen, are convinced they are going to die. They are in a state of high-level panic. And where is Jesus? He is in the stern, sleeping on a cushion.

This scene is offensive to our fear. How can He sleep when we are drowning? We interpret His sleep as a lack of care ("Teacher, don't you care if we drown?"). But His sleep was actually a revelation of His authority. You only sleep when you are safe. You only sleep when you are in control. Jesus knew who He was, and He knew the storm had no permission to kill Him.

When He woke up, He didn't help them bail water. He spoke to the wind and waves: "Quiet! Be still!" And it was completely calm. Then He asked them, "Why are you so afraid? Do you still have no faith?"

The fear felt small the moment they realized *Who* was in the boat. They were terrified of the wind, but then "they were terrified and asked each other, 'Who is this? Even the wind and the waves obey him!'" (Mark 4:41). Their fear shifted from the storm to the Savior. That is the holy shift. When you develop a holy fear of God—a reverence for His power—you lose your unholy fear of life. The storm felt small because the Master of the Storm was standing up. You can sleep in your storm today, not because the waves are gone, but because the Captain is on board.

## Number 5: The Shadow of Death — Shadows Can't Hurt You (Psalm 23)

We are often afraid of things that cannot actually harm us. We are afraid of perceptions,

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reputations, and "what ifs." David addresses this in the most famous Psalm: "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me." (Psalm 23:4).

Notice he doesn't say "the valley of death." He says the valley of the shadow of death. A shadow can be terrifying. A shadow of a dog looks like a wolf. A shadow of a tree looks like a monster. But a shadow has no substance. A shadow of a truck cannot run you over. A shadow of a sword cannot cut you.

Fear is a shadow merchant. It sells you illusions. It tells you that the shadow *is* the reality. But David refused to fear the evil because He knew the Shepherd was there. You only get a shadow when there is a Light shining on an object. The shadow of death proves that the Light of Life is present.

The day your fear feels small is the day you realize that 90% of what you are worrying about is just a shadow. It is a projection. It has no teeth. And even if it *is* a reality—even if death is real—for the believer, death itself has lost its sting (1 Corinthians 15:55). It has become a shadow that simply ushers us into the presence of God. You can walk through the valley without panic because you know the Shepherd has a rod and a staff to beat back the things that cast the shadows.

Number 6: The Perfect Love — The Expulsion of Terror (1 John 4)

Why are we afraid? Ultimately, we are afraid of punishment. We are afraid of loss. We are afraid of pain. We feel vulnerable. But the Apostle John gives us the ultimate spiritual antidote in 1 John 4:18: "There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."

Think of a small child in a thunderstorm. They are terrified. But then their father picks them up and holds them close. The thunder is still loud. The lightning is still flashing. But the child stops crying. Why? Did the storm stop? No. But the child is held in love. The presence of the father makes the fear evaporate. The child knows, "My dad is bigger than the boom."

Fear persists when we are unsure of God's love. We think He might let us drown to teach us a lesson. We think He is angry. But when you are "perfected in love"—when you are absolutely convinced that God loves you with an everlasting, protective, jealous love—fear is "driven out." It is expelled. It has no room to breathe.

Your fear will feel small when you stop looking at your performance and start looking at His affection. If the Creator of the stars loves you enough to die for you, do you think He will let a temporary crisis destroy you? No. If He is for you, who can be against you? (Romans 8:31). Love makes you invincible.

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## Number 7: The View from the Throne — Seated in Heavenly Places

Finally, your perspective on fear changes based on your altitude. If you are on the ground, a car looks big. If you are in an airplane, a car looks like a speck. If you are in space, the whole earth looks like a marble. Spiritual warfare is a battle for altitude.

Ephesians 2:6 says that God "raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus." Spiritually, you are not down here fighting for victory; you are seated up there *from* victory. You are seated with Christ, far above all rule and authority, power and dominion (Ephesians 1:21).

When you view your problems from earth, they look like mountains. When you view them from the Throne, they look like footstools. Psalm 110:1 says, "Sit at my right hand until I make your enemies a footstool for your feet." God doesn't want you to stress over your enemies; He wants you to rest your feet on them.

The day your fear finally feels small is the day you ascend. It is the day you worship your way into the heavenly realms and look down. You see the devil for what he is—a defeated foe. You see the problem for what it is—temporary light affliction. You see your life for what it is—hidden with Christ in God. From the Throne, everything looks small except God.

## Conclusion

Fear is a liar. It is a master of special effects, making small things look huge. But today, the lights are on.

We have seen the Grasshopper Complex exposed. We have opened our eyes with Elisha. We have Magnified the Lord and watched the problem shrink. We have rested with the Sleeping Savior.

We have realized that Shadows cannot hurt us. We have been wrapped in Perfect Love. And we have taken our seat on the Throne.

The giant hasn't changed, but *you* have. You are bigger on the inside than the world is on the outside. Walk out today with your head high. The thing you feared is under your feet.

Before you go, make sure to subscribe, like this video, and share it with someone who needs encouragement today. And join us next time as we uncover another powerful truth from God's Word.